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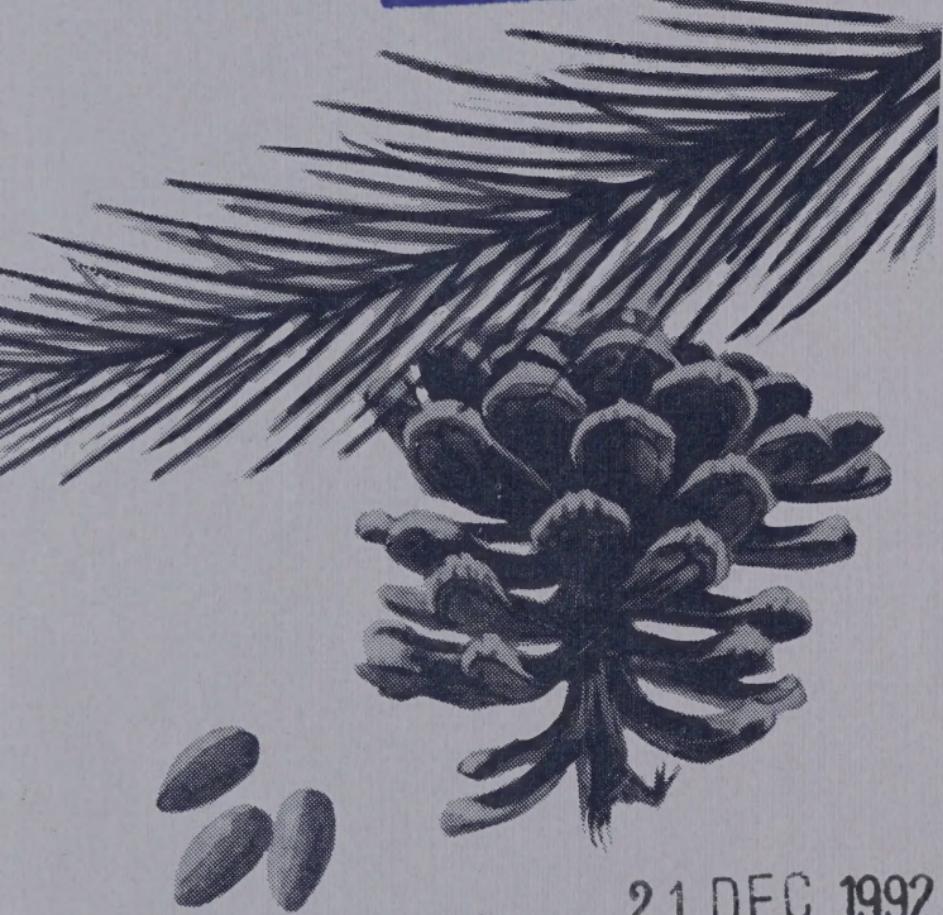
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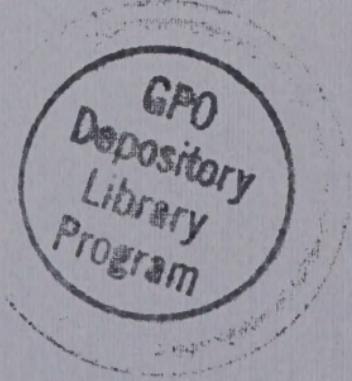
Ogden, Utah



# IN A NUTSHELL



21 DEC 1992





## IN A NUTSHELL

Snacking on pinyon nuts while sitting in front of the fireplace is not unique to our generation. Indians of ancient times were doing much the same thing as they sat before their primitive fireplaces. Pinyon nuts have been a staple food for humans and wildlife as far back as signs can be traced. A Spanish explorer and botanist named Junipero Serra (1713-1784) was the first to mention the pinyon nuts in his writings.

For generations, pinyon nuts have been a main source of food for the Paiute Indians who use them to make soup and a delicious mush of ground nut meats. Today, pinyon nuts are enjoyed as a nutritious snack or an ingredient in gourmet dishes. The nuts may be harvested commercially or by persons who like to harvest their own nuts each fall.

Logically, pinyon nuts come from pinyon pines but their more popular name is pine nuts.

This brochure contains a few tips to make pinyon nut harvesting safe, successful and fun.



## WHERE TO GO

Check with the Forest Service headquarters nearest the area where you want to harvest.

### NEVADA

Humboldt National Forest  
976 Mountain City Highway  
Elko, NV 89801

PHONE

(702) 738-5171

Ely Ranger District  
350 8th Street  
Ely, NV 89301

(702) 289-3031

Ruby Mountains Ranger District  
301 South Humboldt  
P.O. Box 246  
Wells, NV 89835

(702) 752-3357

Toiyabe National Forest  
1200 Franklin Way  
Sparks, NV 89431

(702) 784-5331

Las Vegas Ranger District  
550 East Charleston  
Las Vegas, NV 89101

(702) 873-8800

Tonopah Ranger District  
1400 South Erie  
P.O. Box 3940  
Tonopah, NV 89049

(702) 482-6286

Austin Ranger District  
Main Street  
P.O. Box 130  
Austin, NV 89310

(702) 964-2671

### UTAH

Dixie National Forest  
Federal Building  
82 North 100 East  
Cedar City, UT 84720

(801) 865-3700

Fishlake National Forest  
115 East 900 North  
Richfield, UT 84701

(801) 896-9233

Manti-LaSal National Forest  
599 West Price River Drive  
Price, UT 84501

(801) 637-2817

## ADDITIONAL INFORMATION

Forest Service headquarters should also be able to provide answers to questions such as:

- What are the fire conditions and regulations?
- Are permits required?
- What are the rates for commercial permits?
- Is this year's crop heavy or light?
- When does the harvest period begin? Does it coincide with hunting season?
- Can the Forest Service provide a detailed map?
- What restrictions are there on off-road vehicle travel to harvest areas? (Ask for a Travel Map.)

## WHEN PERMITS ARE REQUIRED

FAMILIES can gather up to 25 pounds of nuts at no cost. Permits (free) may be required.

COMMERCIAL permits are required to harvest pinyon nuts for resale or to harvest more than 25 pounds per family.







## WHAT IS NEEDED

Bright clothing. Nut harvesting usually coincides with deer season. Sometimes people resemble deer under certain lighting conditions.

Heavy-duty foot wear.

Heavy gloves to protect hands from pine pitch.

Gunny sacks, rakes, canvas and a ladder (optional).



## THE "HOW TO'S"

Use gunny sacks as containers.

Use a ladder braced against the tree to pick unopened cones still on the pinyon trees.

Place canvas around the base of a tree. Shake individual limbs by hand or with rakes to harvest nuts from opened cones on the tree.

Gather fallen nuts from the ground.

Place the full gunny sacks in the sun for several days to dry the unopened cones. Shake the sacks to free the nuts. The nuts will drop to the bottom of the sacks. The empty cones will stay on top. Cones can also be spread on beds of canvas for drying.



## INCREDIBLE EDIBLE

Although pinyon nuts may be eaten raw, their flavor can be improved in one of the following ways:

1. Soak the nuts in brine water and toast them in an open pan in the oven at a moderate temperature.

2. Wash the nuts in cold water. Put well salted nuts in a covered roasting pan and steam in a moderate oven for 15 to 20 minutes. Remove cover and stir until completely dry.



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TAKE  
PRIDE IN  
AMERICA



## TAKE PRIDE IN AMERICA

Leave your harvest area clean. Haul all garbage home. Litter spoils the land for everyone. Ask for more information on "Leave No Trace" camping.

## USE CAUTION WITH FIRE

Never leave a fire unattended. Make sure it is cold to the touch when you leave. Check with local Forest Service officials for area fire conditions and regulations. The land may be very dry during harvest time.



